



Santa Paula High School

Home of Cardinal Pride Welcome to our tribe



June 4, 2018

Please Read and Post

+ new article

Over \$250,000 dollars was given away at the senior awards night on Friday. Way to go Class of 2018. 75 will receive the California Golden Seal on their diploma. Underclassmen you can do it too if you apply yourself get the grades and practice writing a good story as to why you deserve the donors investment in you.

+Library Only 4 days are left. Take your AR tests turn in your books? The **library will be closed** to students during the **first hour of each final on Tuesday, Wednesday and Thursday**. Some large shipments have come in that need to be organized, barcoded, and stored for the upcoming school year. Please communicate this to students.

This is the last bulletin for Bodde Stewart. Thank you for making every morning and waking this Cardinal Family up and sharing the news. It also my last bulletin and I know it has not always been perfect but I tried to keep you up to date and share a smile here and there. You and I will always be a Cardinal and stay proud to be one. **Go Cardinals!!**

Lost and Found check it out by Tuesday, June 5. Find it at the Welcome desk in the Main Office.

Students enrolled in AP Environmental Sciences for next year are requested to attend a summer assignment meeting **on June 5 at 12:40 in room 513. Bring your lunch.**

Attention current seniors: Will you be local next year? Did you maintain a GPA of 3.0 or higher? Are you looking for a fun and rewarding job? See **Ms. Reed in room 216** about an exciting opportunity to **become an AVID tutor** next year! No previous AVID experience necessary to apply.

Lunch Menu – Mon. To be announced

After School meals: Mon. BBQ Pulled Pork Sandwich Tue. PB& Jamwich, Wed. En Fuego Bean & Cheese Burrito, Thurs. 3 Cheese Pizza Pocket **Last Day of School**



Sports Sports information from practices to results can be found at <http://www.sphsathletics.org/>

College & Career Center

Calendar

4 school days left till SUMMER !

- Mon 6/4 Senior finals periods 1 & 2, Senior Meeting period 3, VC Registration help
- Tue 6/5 Finals periods 0,1, & 2 Seniors Graduation practice 8-12:00pm Jones Field.
- Wed 6/6 Finals periods 0, 3, & 4 Seniors Graduation practice 8-12:00pm Jones Field.
- Thurs 6/7 Finals periods 0, 5, & 6, **Last Day of School Yeah!!!** Seniors Graduation Ticket Disbursement after practice
- Fri. 6/8 Graduation of the **Class of 2018 at 6 pm** at Jones Field. **Seniors need to arrive by 4 pm** at McMahan Gym with your Gown, Cap, and Tassel.

CONGRATULATIONS CLASS OF 2018!!!

5 More Study tips

1 Prepare last minute review notes. You should prepare some last minute review notes that focus on key concepts and terms that you struggle with. You may write these notes on flashcards and review them once at night before bed and once in the morning before the exam. Doing a scan of these last minute notes could help you remember them better for your exam.^[9]

- Try to focus on terms and concepts that you struggle with remembering or have identified as your weak spots, as you do not want to try to cram all of the information on the exam into your last minute review.

2 Make a mind map. You can also study quickly and efficiently by making a mind map, which is a study tool to help you remember the connections and links between certain concepts or terms. Mind maps are useful if you have already taken notes on the course material and are looking for ways to organize this material to remember it better and recall it during the test. You can draw out a mind map on a piece of paper or use mind map software on your computer to help you study.^[2]

- For example, you may be trying to study for your biochemistry exam. You may then place a concept in biochemistry, such as “enzymes”, in the center of a piece of paper and use your course notes to draw information and terms that relate back to “enzymes”. You may circle these terms and draw lines so they connect back to the center circle around “enzymes.”

3 Pack your bag. You should do some preparations the night before the exam so you are less stressed in the morning and can head into your exam with a clear head. Start by packing your backpack so it contains all of your books, pens, and paper. Make sure you have working pens as you do not want to end up in your exam with a faulty pen.

- You should also make sure you have any other supplies in your bag that you may need for your test, such as a graphing calculator and a ruler.

4 Get a good night's sleep. Many studies have shown that getting a full night's sleep before an exam can help you perform better. Though it may be tempting to pull an all-night study session, doing this could lead to a poor grade on the exam and an inability to recall important information for the exam. You should do a review of your notes before bed but try to get at least eight hours of sleep in the night before the exam.^[11]

- You should also set an alarm so you wake up in the morning with enough time to review your notes one more time before heading to the exam. Setting an alarm will also ensure you are not in a panic in the morning and can walk into the exam calmly and with confidence.

5 Block out any distractions. To study effectively at the last minute, you should create a distraction free zone in your room or general area. This may mean keeping your door closed so everyone in your home knows you are trying to focus on studying and can leave you alone. You may also keep the doors and windows closed to block out any distracting noises around you.^[8]

- If you are studying in a public place, like the library, you may use noise cancelling headphones to stay focused. You may also turn off your cellphone or put it on mute so it is not a distraction to you.
- You may also find it helpful to turn off your wi-fi connection to avoid going on social media and getting distracted. Doing this can help you focus and not get sucked into using your time on social media instead of on your study notes.